

Spelt Berries

Certification

Kosher Parve

Physical

Appearance Honey to Carmel in Color
COOL Grain: Product of USA
Flavor Typical of Spelt Berry Flour
Foreign Materials < 1%
GMO Non GMO
Smell No Off Odors

Nutrition Facts

Serving Size about 1/4cup

Amount Per Serving

		Cal. From Fat	15 %Daily Value *
Calories	150		
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Potassium	175mg		4%
Total Carbohydrate	32g		11%
Dietary Fiber	4g		16%
Total Sugars	2g		
Includes	0g	Added Sugars	
Protein	6g		
Vitamin A			0%
Vitamin C			0%
Vitamin D			
Calcium:	0mg		0%
Iron	1.8mg		10%

Kosher : Kosher Parve

Ingredients / Allergen

SPELT/FARRO BERRIES ARE RED-BROWN IN COLOR WITH A MELLOW NUTTY FLAVOR. THIS ANCIENT CEREAL GRAIN IMMEDIATELY SOFTENS IN THE MOUTH, AND THEREFORE IS EASILY DIGESTIBLE. SPELT CAN BE TOLERATED BY THOSE WITH WHEAT ALLERGIES.

DIRECTIONS: ADD 1 CUP OF SPELT TO 1 1/2 CUPS BOILING STOCK OR WATER. COVER AND SIMMER OVER LOW HEAT UNTIL THE WATER IS ABSORBED. SALT CAN BE ADDED AFTER COOKING IF DESIRED.

INGREDIENTS: SPELT/FARRO BERRIES

ALLERGEN INFORMATION: CONTAINS WHEAT

PRODUCED ON SHARED EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, SOY, MILK, EGGS AND WHEAT.